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NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLON - St. ROSE OF LIMA & NEW COMMUNITY



ncc

VOL. 9 NO. 11

NEWARK, NEW JERSEY

FEBRUARY, 1992

Homeless Celebrate Achievements

New Community Harmony House held their 2nd Annual Awards Ceremony on January 10, 1992. The Awards Ceremony marked Harmony House's second year of servicing homeless families with children.

The focus of the ceremony was to acknowledge the achievements of Harmony House residents and its program growth in 1991.

The program began with an overview of the history of Harmony House.

New Community Corporation, Hart Mountain Industries, the Leonard Stern Foundation, Mutual Benefit Life Insurance Company, and state and local governmental agencies were saluted for their caring initiative and foresight in establishing "Transitional Homeless Facility to meet the needs of homeless families.

Harmony House program achievements and service goals were also enumerated. Educational programs,

job training/placement, counseling services, youth services and advocacy activities that took place in 1991 were outlined for the audience.

The keynote address was given by Georgia Ransome, Babylon Board Member. Ms. Ransome's speech focused on empowerment. She challenged the homeless women to take advantage of every service and opportunity to help themselves and their children. Ms. Ransome assured them they can make things happen in their life by setting goals and seeking knowledge.

Two other speakers gave equally charged speeches. Ms. Bertha Dyer, Newark educator, spoke about the benefit of education. "Education — don't live life without it," was her topic. She stressed the importance of

education, for education makes the difference in where one lives, the type of job one will have, and the choices one can make for themselves and their children.

In preparing Harmony House residents for making future job/career selections, Charles Singletary, NCC Employment Counselor, outlined the prospect of "Jobs For The 90's." He indicated growing employment needs in areas such as home health aide, data entry and the service industry in general. Mr. Singletary further emphasized three important factors in obtaining a job: education, job training and job preparation skills.

The three speakers presented very inspiring messages to the audience
(Continued on page 4)



Harmony House Administrator, Jeanette Page Hawkins (standing left), proudly poses with three of her former residents who received certificates at the anniversary ceremony.

Home Health Care Receives Funding From United Hospitals Foundation

The New Community Home Health Care Program was the recipient of a \$1,000 grant from the United Hospital Medical Center Foundation. On behalf of New Community and the Home Health Care Program, Florence Williams, Director of Human Services, and Sr. Ann Tunulty, Director of the Home Health Care program accepted the check from Bernard Rabinowitz, Chairman of United Hospitals Medical Center and Joseph Irenas, Esq., Board Member of United Hospitals Foundation.

"The donation will enable us to continue training men and women from

Newark to become State-certified Home Health Aides," commented Sr. Ann Tunulty.

The New Community Home Health Care program has recently received reaccreditation from the State Commission for Home Health Care. The evaluation was accompanied by high praise from the accreditation coordinator (see *Clarion*, 12/91).

"For many, being a Home Health Aide is the first step to a career in the health field," explained Florence Williams. "I am appreciative of United Hospital's assistance in helping us provide this service."



Support from organizations such as United Hospitals Medical Center Foundation is vital to the continuation of the Home Health Care Program at New Community.

Martin Luther King Scholarship Dinner Brings Network Members Together

The Tenants' Association and Floor Captains of NC Douglas Homes proudly hosted the Network's Annual Martin Luther King Jr. Youth Scholarship Dinner on Friday evening, January 10th.

Strolling through the candlelit lobby to the beautifully decorated com-

mented men?

Closer to this big day, we realized that "our" Pathmark has the best chicken around, and at the best prices. The Pathmark Delivery Service was a welcome time saver for us hurried party givers!

Even the best price does not beat a



The harmonious voices of the children filled the community room at NC Douglas Homes at the start of the Martin Luther King Scholarship Dinner.

monkey room, and being greeted by lovely hostesses and dashing hosts, one would never guess how hard some of the beautiful people had been working just minutes before.

In anticipation of our big day, support for our project came from every corner of the NC Network: Carmen Gamalinda of St. Rose of Lima Rectory was the first to get involved. She printed our tickets. Then came the men from Central Maintenance who struggled so valiantly with Douglas's recalcitrant sound system. Bob West and Co. were not far behind, delivering all the extra tables and chairs required by such an auspicious occasion. Was there ever a Network function without the help of these good

donation. Thank, Dunkin' Donuts manager Alma Reed for providing half and half and sugar. You're the cream in our coffee!

Who besides family lends you pots, pans, even pictures from their walls? St. Rose of Lima School came through for us with those items, and The Paris Delite Bakery at the World of Foods baked us a cake!

Being on staff at Douglas Homes became synonymous with working on the Scholarship Dinner. The closer it came, the more the balance of work tilted in its direction. Special thanks go to manager, W.R. Chapman, security officer Elizabeth Griffiths, and maintenance personnel James

(Continued on page 3)

Gerontological Nurse Par Excellence

Ms. Mary Gibson, RNC, Head Nurse of the 3rd Floor Nursing Unit at the New Community Extended Care Facility, recently received certification as a Gerontological Nurse by the American Nurses' Association. Ms. Gibson began working at Extended Care in December 1985. She is well known to residents, families and staff as a caring and professional nurse.

Dr. Paul Kearney, Medical Director of the NCC Extended Care Facility, shares his thoughts on Ms. Gibson.

"The privilege of writing about the qualities of a nurse was assigned to me recently and for this opportunity I am indeed grateful."

"In 1993 I will be 50 years a doctor. Would you believe that this capable, unassuming lady is one of the best nurses I have ever met?"

"It was my hope that the New Community Extended Care Facility would be the best Nursing Home in the State. We are close to achieving such a goal. It is the likes of Mary Gibson that have made it so."

"Nursing Home patients demand a lot of attention; here they get the love and care that is essential to their well-being."

"I am not quite capable of explaining Mary Gibson's qualities, but it might be expressed: never complain-



Mary Gibson

ing, always smiling. Certainly she minds the patients with loving care, but she teaches by example...all of the nurses, all of the aides...and I might add, all of the Attending Physicians, what a Nursing Home is all about. When I heard that Mary received a Certificate of Excellence as a Gerontological Nurse, I was most pleased, for her example wrote the book on Nursing Home Care."

Philadelphia Takes A Look

On Monday, January 27th, a 45 member group of Philadelphia area officials from both the public and private sectors toured Newark and the New Community development areas. Their purpose was to see and take back to newly elected Mayor Edward Rendell, information about project which might be replicated in Philadelphia.

Newark Deputy Mayor Everett Shaw, president of Renaissance Newark, Inc., spoke to the group at lunch at The Priory Restaurant in St.

Joseph Plaza, a showplace of New Community. Ray Codey, NCC Director of Development, had filled them in concerning the accomplishments of New Community during the group's morning bus tour.

Comments from coalition members at the luncheon indicated surprise at the upbeat attitude of Newark representatives and appreciation for the support given by neighborhood residents to the well-being of their city.



The ever jovial Larry Goldston (second from left) and Ray Codey (far right) discuss New Community's accomplishments with Philadelphians Jeffrey Gibbons and Lynn Martin Haskins.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

Articles due by 15th of each month

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Contributions To New Community Corporation

If you would like to make a memorial gift or donation to New Community it would be most welcome.

People who would like to give to New Community but don't wish to give up the earning power at the present time can assign a contribution now, but defer payment until sometime in the future.

If you would like more information, please contact Lynn Mertz at Fund Development, (201) 482-0682.



NCC Employment Center

1992 Job Fair

Although we are in a terrible recession, New Community Employment Center progressed with its first Job Fair held in conjunction with Training Inc. on January 14, 1992 and January 23, 1992.

The Job Fair introduced over one



New Community Employment Counselor Felicia Holmes (standing center) and a representative from Gateway Cable discuss employment possibilities with a job candidate.

hundred job seekers to several companies such as PSE&G, Gateway Cable, Statewide Security, Prudential Continental Consumers, and Personal Touch, just to name a few.

After reviewing resumes, checking references and conducting interviews

each counselor is responsible for working meticulously with his/her applicant to insure second interviews and job placement for those who qualify.

On behalf of the staff at New Community Employment Center we would like to extend our gratitude to Train-

ing Inc. for the use of their facility. Many thanks to applicants who came prepared. Last but not least, we thank each and every employer who took time out of their busy schedules to participate in this event.

Felicia Holmes

Have A Dream To Start The Day Off Right

In response to the late Dr. Martin Luther King, Jr.'s saying "I have a dream," we ask you to consider this dream for yourself — "I had a dream that I will start the day off right, and education can make the difference."

Having basic skills and/or your GED will give you a head start in the job market. Most jobs require a High School Diploma or GED. Without these skills you might find yourself without employment.

Don't be discouraged. New Community Employment Center offers FREE yes FREE Basic Skills courses at Haynes Library every Saturday from 9:30 a.m. to 12:30 p.m. Don't let a FREE opportunity get away.

Anyone, age 16-up interested in Basic Skills/GED please don't hesitate to call Ms. Holmes at 733-2131 or Mr. Singletary at 733-2130.

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MLK Scholarship Dinner A Success...

(Continued from page 1)

Johnson, Juan Angulo and Todd Adams for being so responsive to so many requests for their help.

Helen Vaughn was the moving force behind the beautification of the community room, and what a mover she is! Elizabeth Davis was always right there to offer assistance. The world should know that there would have been no dinner that Friday but for the efforts of Rosa Townsend. This quiet capable woman fixed chicken one day and salad the next, looking for additional chores and selling dinner tickets in between.

Mabel Kearney deserves sole credit for the other major menu item; delectable macaroni and cheese. Hattie Watson, Elizabeth Waller and Elizabeth Frankling added their own special touches, as did many other tenants too numerous to mention.

The meal was excellent, the program engaging, but the whole show was stolen by seven young women, all but one from NCC Families Housing, who came to help with the dinner and grace our program with charming readings of their own essays on Rev. King, and a poem written by Helen Vaughn's granddaughter Cherine Brentley*, who could not be there to read it herself.

Laquette and Nikkia Adams of



Sr. Anastasia graciously accepts a contribution from Helen Vaughn at the MLK Scholarship Dinner.

Gardens Families, Janell and Roxanne Joseph and Min Saab of Commons Families, Alicia Latham of Manor Families, and their friend, Tarra Leslie of NC's After School Program set-up, served the meal, and even handled take-out orders with enthusiasm and grace. Most of NCC's Social Services staff was on hand to greet old friends then keep things going smoothly from behind the scenes.



A behind-the-scenes look at the NC Social Services staff "dishing" out delicious meals.

A Man And His Dream

Martin Luther King Jr. is remembered for his non-violent fights. He believed that "All God's children" should have equal rights. He was a man of purpose, strength, unselfishness and so very wise. At age thirty-five he received the hard to win Nobel Peace Prize.

He proved you don't have to be asleep, to have a dream. And that you can achieve the almost impossible, by working as a team. Knowing full well there were many he couldn't trust. This man, still, put his life on the line for us.

He withstood much abuse; he did not flee in fright. It was steadfast action, such as this, that led to that fateful night. He was a threat to those who were trying to hold us back. Not only, for what he was trying to do, but also because he was Black.

Martin Luther King Jr. popped the cork, he unplugged the bottle. The goals that he set made him our role model. We must not let his dream turn back into a nightmare.

What with the water hoses, dogs, jails and beatings, We have already been there.

It's great — but a legal holiday, streets, parks, and buildings named after him, is not what he was dreaming of. His dream was of peace, equal civil rights and everyone filled with BROTHERTLY LOVE.

What those before us have done, don't let it stop there. We must keep up the fight, we can win if we but dare.

There were times we couldn't sit in the front of the bus, or drink from a public water fountain. We now have those rights, because people like Rosa Parks and Martin Luther King Jr. got to the top, climbing the rough side of the mountain.

Let's hold in reverence Dr. King's name. So that his death shall not have been in vain. It may seem that we are moving slowly but we have come a long way. And we will overcome, someday, someday, someday.

Alma Hanks

We All Have A Dream

M — is for ministering to all people for peace. From beginning to end he prayed that it would increase.

A — is for all the people who stood by his side and for all of his feelings, that he did not hide.

R — is for the rights he stood for standing tall. For you, for me, for one, and for All!

T — is for traveling day after day, and proving his point in the non-violent way.

I — is for the invitation he had in his heart, inviting people who wanted to take part.

N — is for never give up. No matter how hard it may seem, because deep in our hearts we all have a dream.

Cherie Brentley

nual event, all of us at Douglas Homes approached the strong feeling of Network support we experienced as Mrs. Ora Waters presented \$100 from the tenants at Manor Senior, Mrs. Edna Davis brought \$55 from Gardens Senior, Mrs. Rosalie Trogdon gave \$50 from Roseville, and Mrs. Gloria Chambers presented \$50 on behalf of the Families Advisory Board. Several people made individual contributions for which we are very grateful.

Now that it's time for the torch to be passed to NC Roseville, who will welcome us for next year's Youth Scholarship Dinner, let us say, in the immortal words found on just about every cash register in the country, "It was our pleasure to serve you."

Sr. Mary Ellen Bennett

*see related photo this page.

Celebrate

Valentine's Day
at
the PRIORY

Friday, February 14
5:30 - 10:00 p.m.

Seven Course Dinner
By Candle Light

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Newark, New Jersey

Homeless Celebrate Achievements...

(Continued from page 1)

and set the tone for future individual achievements.

The highlight of the program was the awarding of certificates. Thirty residents presently living at Harmony House and some who have moved on to permanent housing were awarded certificates for their accomplishments. Certificates for academic achievement, employment, volunteer services and model residents were proudly accepted.

In response to receiving a certificate, Patricia Paschall, an ex-Harmony



Charles Singletary



Georgia Ransome

House resident, made an impromptu speech in which she gave thanks to Harmony House and to God for the help she has received.

The ceremony concluded with a sing-a-long of "Lift Every Voice and Sing" and a pledge that in 1992 New Community Harmony House will continue to advocate and explore means to effectively assist homeless families within Harmony House and the community-at-large in their move from homelessness to permanent housing and dependency to self-sufficiency.

Jeanette Page-Hawkins
Administrator

Healthy Start - Food To Grow On

The Pathmark of Bergen Street, Newark, is committed to the community in so many ways. Not only do they provide a means of purchasing nutritious, fresh, plentiful, affordable produce and goods, but they are also a source of education for people.

During the month of January, there were a series of healthy and informative events which took place in the store. These events were targeted at children ages one to six years old, and their parents. On January 8th, a group of eager four year olds from Babyland III kicked off the event when they lined up in the produce department forming a ribbon of beaming faces, each holding a bright red apple and waiting for the O.K. sign to "Take a Bite Into Good Health," a way of cutting the ribbon to open the events of the months to follow.

In January there were also tours led by store personnel which explained the food groups to children from Babyland V and other schools in the area. A spokesperson from United Hospitals was on hand one of the weeks to talk to interested parents about eating habits during a seminar: "Feeding Kids Right Isn't Always Easy." Here one could receive helpful tips for preventing food hassles at meal time.

Like their motto, "Pathmark has the Answer!"

The Healthy Start awareness continues into February and moves into the area of "Prevention." Every Wednesday there will be different



Eager Babylanders try new taste treats during the Pathmark store tour.

agencies in the community which will have representatives on hand to cover such items as a mini course in CPR given by the American Red Cross. Rescue workers from UMDNJ will demonstrate life saving techniques, a youth specialist from the Newark Police Department will address the issue of youth at risk, and the representative from the Newark Fire Department will be on hand with equipment and discuss fire safety tips.

Start your year off on a healthy note and be sure to stop by the Pathmark on Bergen Street, Newark. They are caring for the community inside and out.

Joyce Cook



Lotto Claim Center



5 PM to 8 PM
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\$1 OFF
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Expires 1/3/92 Not good with other offerings.



"Taking a Bite Into Good Health" are the children from Babyland V along with members of Pathmark Corporation and New Community.

Youth Awards Program At Harmony House

The Harmony House 2nd annual Youth Program Awards Ceremony was very successful due entirely to the participation of Harmony House Youth and Families. The parents of Harmony House participated in the cooking as well as serving the children in the program. Many of the parents who attended were elated to see that their children were receiving awards and certificates for participating in the Harmony House Programs both inside and outside of our facility.

The awards were presented by Youth Workers to the well deserving participants. They were given for five different categories: 21 awards for Academic Achievements; 31 awards for Participation; 36 awards for Attendance; 7 awards for Creativity; and 23 awards for Good Sportsmanship.

After the ceremony the parents, staff and visitors were treated to an essay and poem rendition, selected and read by the Harmony House youth.

The show continued with a salute to Dr. Martin Luther King, Jr. They per-



Harmony House youths happily display their certificates.

formed two short skits expressing their feelings and understandings of the many accomplishments of Dr. Martin Luther King, Jr.

The show ended with Harmony House staff, family and visitors singing "WE SHALL OVERCOME."

Albert Workfield
Youth Program Coordinator

Harmony House Women Attend Writing Course At Rutgers University

Three of our women residents, Pauline Justinians, Josephine Williams and Ruth Anderson have successfully completed a ten (10) week writing course at Rutgers University. The course helped the women work on their reading and writing skills. The women were joined with Rutgers students from the Advanced Exposition and together they learned about writing. The groups were small (2-3 people) and designed to meet the needs of the individuals involved. Books were provided and tuition was free.

At the end of the course the women received a certificate and a free portfolio of writing — writing is valuable to the students lives. The women of Harmony House would like to thank Ms. Patricia Bender, instructor for the course, for her kindness and dedication. Below are a few of the writings from two of our residents.

Jean R. Rodriguez, MSW
Asst. Administrator H.H.

My Friend

By Pauline Justinians

As I sit by my wooden candle lit table I look at the results of my harvest, three onions, that's all I've retrieved from my hard work. I sit here thinking about my friend Joshua, he worked for the Postal Service. It's been a long time since I've heard from my friend. After a long day of disappointment I broke open a bottle of wine to relax me from my trouble.

I still think about my friend Joshua. I sit here thinking about the good old days of my friend and me. I started sipping a cup of tea but as my thoughts get stronger I think about the wine we broke open when we got together sharing old times. I worked hard and put a lot of time in growing my harvest this year and all that I have to account for it is the onions. God what is it that I've done wrong?

Today has been so depressing for me, now as I sit by this candle light, I sit and wonder how my friend Joshua is doing. I've yet to finish the paperback novel he sent me a few months back, but as I think, my mind goes back to days of yesteryear. Being that my friend was a Postmaster he had to go

where his work sent him; he traveled a lot. We didn't see each other much but we always stayed in touch.

Joshua, Joshua — my friend, I sit here trying to accept the news of his passing away, trying to give some meaning to this hurt and pain that I feel inside my gut. I pull out the only picture that I possess of him. I see a man that had his own heartaches and despair but never complained about a thing; no one could imagine the pain and heartbreak that he held in his heart. But nevertheless, he was my friend. I have lost a true and dear friend that I shall never forget.

Why does life expose us to such misery and pain, why should we be subject to so much grief? He may not have been much to anyone else but he was my friend. I shall never forget the times, talks and moments we shared



with each other for as long as I live. I hold this picture of my friend Joshua before me and all I can say is I will miss you, my friend, terribly much.

I must accept that this is the last piece of our correspondence as friends, but I shall cherish the memories always. To just sit here and look at this picture, your mind would wonder, "what is so special about this Postman?" Well, we both never married but we could share our experiences with women in the past. I know you could say we weren't cut out for that kind of life. As for myself I was contented with being a loner, with my gardening, and at times I did some fishing. I met Joshua in my early adult years, we became friends and that was it.

I really couldn't say what he died from, but all I can say is that there is a loneliness in my heart. All that I have left is the memories and this one picture of a plain old working man who

never bothered anybody and that friend was Joshua. I realize that I will have to bid him farewell, but for now I just want to feast on the times that we had together. And one day when I least suspect, I'll take a look at this photo and give my friend a friend's farewell.

Editor's Note: The story was inspired from the authors' viewing of several Van Gogh paintings, including, The Postman.

Portrait Of Curtis Edward Williams

By Josephine Williams

Curtis is three years old and he is my baby. Curtis goes to Babylon, and he knows his ABC's. He also has learned three songs: one about the "Alphabet," one about "Three Little Monkeys," and "Sally in the Ocean," with the former being his favorite. He also knows "The Farmer in the Dell" and "Old MacDonald." Curtis doesn't really like going to Babylon; he cries almost everyday when I leave him. On those days when he cries, it's so hard for me to leave him. Well, sometimes I don't, I take him back home.

Curtis also helps around the house, and he picks up his clothes and shoes. Anything he spills has to be cleaned up. He takes his plate and cup off the table and puts them in the sink. Most of all, he has to keep his toys picked up and in his toybox.

Curtis also likes being bossy. He will fight his oldest brother or anybody else, if they bother him. He can sometimes be moody. Curtis likes to get his hair cut. He wears a real low cut, with a hook part.

I see Curtis as being a very bright little boy. He has a lot of energy, and he

likes cars, baseball, trucks, airplanes, and much more. He is also a smart baby, and a lovable person, even though he likes to talk like the boss.

Portrait Of Calvin Earl Williams

By Josephine Williams

Calvin is seven years old, and he is my oldest son. He is in the second grade at New Jersey Martin Luther King School in Newark, N.J. He has made honor roll for two straight. And his teacher says that he is very nice and respectful, although at times, he tends to talk a little too much.

Calvin sports what we call a high top hair cut. The sides are low cut and the top is high with a tail in the back. He stands about 48 inches tall. Calvin is a sports fan. Baseball is his favorite. He also likes wrestling and car racing. He plays well with his brother, Curtis, and other kids. Calvin is a Cub Scout, and he goes on a lot of trips. The Cub Scouts play a lot of games, go to the movies, etc.

Calvin is a big help around the house. He likes to help and he tries to wash the dishes, mop and sweep the floors. He loves to watch me cook pancakes and eggs. He even helps with the laundry. Even though he is a big help, he can also slow me down because he likes to do things at his own pace, which is slow.

Calvin also likes watching television. Cartoons are one of his favorites, and he likes all comedy shows because scary pictures give him nightmares. I see Calvin as being a very bright boy. He is a good brother and a good son, that is the truth. Even when he almost drives me crazy, I know he is lovable and good.

Advance Directives Discussed

On January 15, 1992 New Community Extended Care Facility residents, family members, staff and community participants received quite an informative and enlightened presentation in regard to advanced directives (legally recognized documents) for health care.

The presentation was conducted by Mrs. Patricia Murphy, RN, Ph.D., clinical specialist (bereavement) at

Mrs. Murphy distributed brochures which included forms for several different advance directives, for example: proxy directives (durable power of attorney for health care) designation of health care representative. Combined advance directives for health care (combined proxy and instruction directive) and an instruction directive, stating wishes concerning future health care. She also urged the au-



Patricia Murphy, RN, Ph.D., explains the living will law to NC Extended Care Facility resident family members and friends.

Beth Israel Medical Center, and a member of the New Jersey Commission on Legal and Ethical Problems in the Delivery of Health Care. The audience was very attentive as she explained the living will law that gives Jerseyans new options in making health care decisions at skilled nursing facilities, hospitals and all other health care institutions receiving Medicare or Medicaid.

dience to give a copy of directives to their family member, representative, physician or other health care provider, friend, religious advisor, hospital or nursing facility they may be entering. The participants appreciated Mrs. Murphy's presentation, and showed keen interest by their many questions.

Penny Mateen
Director of Social Services


Thursdays 6 P.M.-10 P.M.

Song stylist, Carol Long teams up with LaTerry Butler for their classy interpretations of Jazz, Blues and Popular ballads. Carol adds enchantment to candlelight dining, and excitement to snacks or cocktails at the Priory conversation bar.


Fridays 7 P.M.-11 P.M.

Unwind with Warren Aiston and the New Ensemble. Friday is the contemporary sound of Jazz, with Rhythm and Blues. Enhances the mood for an upbeat weekend. Enjoy candlelight dining; a snack or cocktail at the popular conversation bar.


Sundays 9:30 A.M.-2:30 P.M.

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Count On Your Pathmark Of BERGEN STREET For A Healthy Start During February.

The Pathmark of Bergen Street continues its commitment in the Healthy Start . . . Food to Grow On Program. This informational and educational campaign helps promote healthful food choices and eating habits for healthy children, ages two and over.

During the month of February we invite you to participate in our community program and events:

**Wednesday, February 5, 1992 — Healthy savings in the 5 Food Groups.
Special Pricing for one day on:**

| | |
|-------------|--------------------------------|
| Fruit: | California Oranges |
| Vegetables: | Eastern Potatoes - 5 lb. bag |
| Dairy: | Kraft American Cheese - 12 oz. |
| Bread: | Wonder Bread |
| Fish: | Turbot Fillet |

Wednesday, February 12, 1992 — Be Kind to your Heart Day.

February is American Heart Association month. Stop by the store to pick up free literature on CPR, cholesterol and high blood pressure. Don't forget to get your free blood pressure test at the Pharmacy Dept.

Wednesday, February 19, 1992 — Growing Up Healthy.

Tips for good nutrition for children (free literature available). Stop in between 1-5 p.m. for a Health Fair.

Wednesday, February 26, 1992 — Nutritional Information Awareness Day.

A representative from the local WIC office will be available for any questions or assistance.

Healthy Savings All Month With Coupons Below!

Feb. 2 thru Feb. 29, 1992

This coupon worth
25¢
towards the purchase of
Any 5-7 lbs. avg.

Oven Stuffer
(From our Meat Dept.)
Limit one per family. (CA)

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Feb. 2 thru Feb. 29, 1992

This coupon worth
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towards the purchase of
Any

Seafood Item
with a \$5 minimum Seafood purchase
Limit one per family. (CB)

ENTER

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Feb. 2 thru Feb. 29, 1992

This coupon worth
25¢
towards the purchase of
Any

Head of Lettuce
(From our Produce Dept.)
Limit one per family. (CC)

ENTER

*0033410

0 0 3 3 4 1 0

So that we may serve all our customers, we reserve the right to limit sales to these coupons for any item. Some offerings are not redeemable in case lots; except, if advertised by case price. We reserve the right to limit the sale to three (3) cases of any item. Not responsible for typographical errors. Some pictures shown in this circular are for design purposes only and do not represent items on sale. Alcohol, tobacco and lottery tickets and coupons void where prohibited by law. Items, prices and coupons valid only at Pathmark Supermarkets. Check your local Pathmark for exact Store Hours. During the late hours some departments may be closed. *When a minimum purchase is required, cigarettes, milk, tax, lottery tickets, prescriptions and any items prohibited by law are excluded. **Checkmark** means a Yellow Tag Sale.

Prices effective Sun., Feb. 2 thru Sat., Feb. 29, 1992.



New Community Network

—1992 Health Supplement—

"Walk-in" To Better Health Care!

One of the most successful health-related programs in the New Community network is the walk-in Health Care Center, located in the lower level of St. Joseph Plaza. Operated under the auspices of NCC Social Services in partnership with United Hospitals, which provides physicians, the center offers a full range of medical examinations, diagnosis, and treatment. This partnership enables patients to see either a general practitioner or a specialist who can provide the care that they need in an easily accessible, comfortable facility. A complete variety of special medical services is available, some of which are geriatrics, obstetrics, gynecology, and pediatrics, as well as urology and other specialists treating eye, ear, nose and throat problems.

The Health Care Center is equipped to perform cardograms and blood tests on the site. If x-rays are needed, the patient is sent to United Hospitals. Other services available include counseling for substance abuse—drug or alcohol—which is offered on a walk-in basis. Persons of any age from pre-teen through adult may seek this help. It is offered each Tuesday afternoon from 3:00-5:00 p.m.

Lucy Williams, a nutritionist, consults with patients needing special diets for obesity, diabetes, and other medical problems. She works with individuals and groups at St. Joseph Plaza and also visits the New Community Associates senior building at 180 South Orange Avenue monthly to advise the seniors on good nutrition.

Joy Daniels and Rochelle Evans, R.N. act as the U.H. liaisons with New Community who provide outreach assistance to patients. Sister Anastasia Hearne, SSJ, Director of NCC Social Services and the NCC liaison with United, strongly urges NCC residents to use the walk-in Health Center. "It is full of doctors!" she states, emphasizing that the reason for the NCC/UH partnership is

so that specialists can be seen. She also makes it clear that anyone is welcome at the walk-in health centers, not just residents of New Community housing.

Because of the NCC/UH partnership, medical services are available to the public at two satellite health centers also. One is the United Hospitals Community Health Center at 194 Clinton Avenue. This facility reports over 3,000 patient visits per month. The center treats patients in all age groups and contains its own x-ray and lab equipment for greater efficiency. Besides acting as an "urgicenter," (a better alternative for patients than an emergency room), it provides an on-site dentist and specialty programs in geriatrics, gynecology and ear, nose and throat (otolaryngology). The second satellite is the United Family Health Care Center at the Newark Day Center, 43 Hill Street, also operated by United Hospitals. Many of the 600 patients seen each month live in the senior citizen high rises in the neighborhood.

The NCC Health Care Center is located at 233 W. Market Street and is accessible by bus. Hours of operation are Monday through Friday from 9:00 a.m. to 5:00 p.m. Every Tuesday it remains open until 7:00 p.m., and there are hours on alternate Saturdays from 9:00 a.m. to 1:00 p.m. Beryl McMillan, R.N., is the administrator. Appointments may be made through Mary Cenevert or Ossie Riegario by calling 623-2480 during hours of operation. A general practitioner is always on duty as several specialists.

Sister Anastasia emphasizes that no money is necessary to receive treatment. Billing is done through the patient's health care provider. The Center serves about 600 patients a month, demonstrating how a partnership between a hospital and a community-based organization can improve the health care of people close to where they live.



The bright, attractive Health Care Center on the lower level of St. Joseph Plaza offers a variety of medical services six days a week.

Getting There: Medical Transport Makes It Easier

If you're aged, infirm, or just plain sick, getting to a medical appointment can be a real problem. Waiting for a bus or arranging for a taxi may be beyond what you are able to manage either physically or financially. There is an alternative. While it isn't exactly like a magic carpet, the New Community Medical Transport van does take patients where they need to go. Through the Social Services Department, patients can arrange for the van to pick them up at home and drive them to their health care appointments.

The Medical Transport Program has the distinction of being the only one in the Central Ward of Newark to be licensed by Medicaid, doing all the transportation of patients to United Hospitals and its satellites. The van will also take persons to other hospitals, health centers, or doctors' offices. Its general zone of operation is usually limited to the Central Ward. Despite the limitation of equipment and geography, each day 15 to 17 persons are transported. The monthly total is an impressive 496 patients: a number that has to be a model for efficient use of a vehicle!

Although the program only has one van at the present time, it is utilized

most efficiently to maximize its availability. The genial and patient driver, John Stewart, employs a dispatcher unit to radio his whereabouts and receive instructions about where he is needed next. He is noted for his personal manner with his passengers.

Sister Anastasia, Director of Social Services, has a not-so-secret wish for a second vehicle! The single member of the Medical Transport "fleet" cannot carry wheelchairs or dialysis patients. Persons with these disabilities are referred to other carriers in the area. A wheelchair-lift van is at the top of her wish-list so that the service may be available to all who need it.

To arrange for a ride, a patient calls NCC Social Services at 623-6114 to request transportation. They in turn call the Health Care Center, who schedule the ride. The patient is called to verify the time and date, home address, and destination. The van will pick them up at home, deliver them to the health care site, and return for them when they are finished.

The service is free for Medicaid patients; others must pay a fee for transportation. Patients who live in the Central Ward are eligible for the rides. They do not have to reside in New Community housing.



Podiatric care is provided to New Community seniors by physicians right on site at the Associates Building at 180 South Orange Avenue.



Doctor keeps her eye on the blood pressure gauge, and patient keeps her eye on Doctor at St. Joseph Plaza Health Center.

CALL ON US
for medical transport



201-623-6114

Homeless Families Receive Care

The residents of New Community's Harmony House, both children and parents, have several health care resources at their disposal. First of all, family members receive a physical examination upon entering Harmony House's residential program. Not only are the adults and school age children examined, but the infants and pre-schoolers are taken care of by the Babyland V services.

Twice a week, on Monday and Wednesday nights, the residents have the opportunity of seeing a pediatrician, nurse, and social worker, all of whom can make referrals for further treatment or diagnostic tests. The Department of Health's Newark Health Care Project provides a 24 hour a day emergency service to the parents and their children. Adults may also avail themselves of the services of a substance abuse counselor as well.

The Harmony House staff are involved in the health care concerns of the residents in their efforts to provide total case management.



Doctor Paul Kearney, the Medical Director of both the Extended Care Facility and Babyland Nursery, Inc., wins the trust of one of his young patients at Harmony House Babyland V.

Extended Care Residents Maintain Home-Links



The recreation director offers a little help with the cards to one of the Day Care patients, as the others prove that they are patients with patience!

Although the residents of New Community Extended Care Facility live there because they need nursing services due to illness, disability, or the frailness brought on by age, they are encouraged to think of the facility as their home. In order to make their individual rooms more home-like, residents are not only permitted, but encouraged to bring items from their former homes. A favorite chair, a small table, some framed photographs—these familiar touches can go a long way towards easing the transition into a large institution. When the occupants are surrounded by their own things, they tend to feel more comfortable in their new environment.

Keeping up connections with



families and friends is also important for the well-being of the residents. The visiting hours are generous: from 10:00 a.m. to 9:00 p.m. seven days a week. Because the Extended Care Facility is located on South Orange Avenue, a major bus line passes the door, making access for family members who wish to visit much easier.

Families are also involved in the care of residents. When the interdisciplinary conference is held to assess the individual, the family is invited to attend. Their input is both desired and valued, as they assist the staff in setting goals that the resident and the family believe are realistic.

Of course in the final analysis "Be it ever so humble, there's no place like home!" Thus the most desirable situation from the individuals' viewpoints is to be able to remain in their own homes.

Health care professionals at NCC agree, so New Community provides a continuum of care services. The Home Health Program enables persons to receive medical assistance in their own homes from certified workers. The Adult Medical Day Care offers group care to patients who are transported to the Extended Care Facility each day, but return home in late afternoon. Because of these two programs, which provide the mechanism for frail or disabled people to live at home, they are able to retain their autonomy.

Home Is Where The Health Aides Are!

A valuable health care service offered by New Community is the Home Health Care Program. Based in the Extended Care Facility, HHC is administered by Sister Ann Tumulty, OP, R.N. The service has more than tripled in the last three years, increasing from 107 patients cared for in 1988 to a total of 381 persons in 1991. Sister Ann is ably assisted by a staff of six nurses, a secretary, a billing clerk, and a small army of 68 Home Health Aides.

Under the supervision of nurses, the Aides provide both patient care and homemaker services to sick, frail elderly, and disabled individuals in their own homes. Many of these persons could not remain at home without assistance. In addition to care, the service makes arrangements for medical-related transportation, laboratory services, medical equipment and supplies.

A look at the HHC 1991 Census Report reveals some interesting statistics which dispel some stereotypes about what age and type of person receives home health care. About 42% of the patients are male. The age spread is surprising although 200 persons are over 65, 179 are between 20 and 64. Racially, the breakdown is: 274 black; 82 white; and 25 Hispanic. All but ten of the clients live in Newark, although the service extends to Irvington and East Orange. While the medical reasons for receiving home care vary widely, the vast majority (272) of patients suffer from either cardiovascular (heart disease or hypertension) or cerebro-vascular (stroke) problems. Of the 271 currently active cases, 196 are residents of New Community housing. With the majority of patients living outside of NCC it is clear that Home Health Care is yet another area where New Community provides a valuable and needed service to the larger urban community.

How then did these individuals discover the Home Health Care service? Most did so by referrals through social workers: 182 by NCC social workers



A home health aide demonstrates the caring presence that patients experience when their aides visit to provide medical assistance and light housekeeping.

and 112 by hospital social services. However, anyone may make a referral, such as family, friends, or even the patients themselves. NCC Home Health Care can be reached at 733-2121.

An auxiliary service that HHC offers is the training of the Home Health Aides. Courses are offered four times annually. Achieving the status of certification is a real milestone in the lives of the women who successfully complete the course. For some it is the beginning of working their way up the career ladder towards goals of becoming LPN's or RN's. In 1991 eleven residents of NCC Harmony House transitional housing for the homeless were hired after completing the course: a very positive step towards their goal of permanent housing.

Home Health Care also ran a successful Health Fair in December, 1991 to provide health education and increase the public's awareness about various screenings and services that NCC provides.



Each resident of the Extended Care Facility receives the TLC that makes a person feel special and cared for...because they are!

We Care About Your Health

Nurse-Practitioner Safeguards Tots' Health

Soledad Alston, R.N. the Assistant Director for Health, Nutrition, and Safety at Babyland Nursery, Inc., has protected the health of the infants and children there for sixteen years as a certified pediatric nurse-practitioner. A graduate of Rutgers University's first graduating class in this nursing specialty, Mrs. Alston is certified by the American Nursing Association. She must undergo periodic re-certification every five years by passing a rigorous examination to assure the examiners that she is not only competent, but current in her field as well.

Prior to joining the medical staff of Babyland, she worked as a public health nurse, but since January 19, 1976 Soledad Alston has worked tirelessly to improve the health of the children and educate their parents in early childhood health matters.

When asked how a pediatric nurse-practitioner differs from an R.N., she answers promptly, "More training!" Then she goes on to explain that she may do almost everything a pediatrician does, with the major exception of writing prescriptions.

Infants first meet Mrs. Alston upon being admitted to Babyland Nursery, when she administers a physical to each child. She sees them again for periodic complete physical examinations. She will note the child's rate of development, and will administer screenings for diseases like tuberculosis, anemia, and lead poisoning, or check for disorders such as "lazy eye" or a hearing deficiency. She is particularly proud of Babyland's vigilance in administering immunizations. "There's not one child at Babyland who is delinquent in immunizations. I see that," she notes firmly and with pride. As a result, despite recent measles epidemics in New Jersey, none of Babyland's children were affected.

Explaining what her role with parents is, Mrs. Alston says that after an initial admissions consultation she may later need to contact them to make recommendations for further treatment if a problem is detected. She added, "It's the hardest thing to break to a mother that her child is autistic, or may be mentally retarded." She notes that it often takes two sessions with a parent to explain this painful news thoroughly. Mrs. Alston also remarks that when she speaks to groups of parents they ask literally hundreds of questions about child health problems.

This busy health-professional has many enlightening observations on child health drawn from her vast ex-



A gentle touch with her stethoscope reassures this Babyland I infant that Soledad Alston, R.N., the pediatric nurse-practitioner, means no harm. Not a tear in sight!

perience in covering all five Babylands. For example, she has learned that all children develop at basically the same rate no matter what their socio-economic background. As an example she cited the fact that while all infants are susceptible to respiratory infection because their immune systems are not highly developed, all two-to-three-year olds grow out of this delicate condition as their bodies' defenses against disease strengthen.

In addition to dealing with parents and children, Mrs. Alston plays a part in the training of care givers. She provides in-service to the staff through instruction in how to deal with simple medical emergencies like cuts, how they can recognize symptoms of illness in a child, and what procedures to follow. A major point that she makes in teaching the staff is the need for good personal hygiene to avoid spreading disease.

Asked what she would like to see happening in pediatric health care in the future, Mrs. Alston has a wish-list. On it are better pre-natal care to prevent low birth weight, small head size and anemia in infants; better dental care for children; and more education in nutrition and health education for parents.

Personally she wishes that she could spend less time on administrative duties and paper work and more time on just health. Spoken like a true hands-on health professional!



The gentle manner of the doctor examining the eyes of a tot at Babyland II, keeps her relaxed and happy. A caregiver's comfortable lap helps too!



Reaching out to make his move keeps this Medical Day Care patient mentally alert, and offers the challenge of friendly competition.

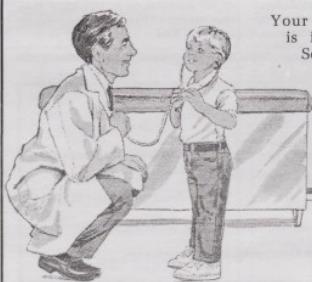
Pathmark Pharmacy: More Than A Convenience For Central Ward Residents

The Pathmark Pharmacy, located in the front of the supermarket at Bergen Street and South Orange Avenue, has become an important component in meeting the health care needs of the residents of Newark's Central Ward. The staff of four includes Floyd Slayten, Supervising Pharmacist; Channelle Scott, Registered Pharmacist; and two pharmacy clerks: Margaret Summerfield and Diane Briggs. Three of the four have been with the pharmacy since its opening, and Channelle Scott joined the staff last August. This stability in the staff has enabled them to get to know some of their customers very well. They have

developed a real rapport with many of their regulars.

A visit to the facility reveals a bright, roomy area with several comfortable seats for those choosing to wait for a prescription to be filled. Finished prescriptions, neatly bagged and labeled, await claiming in alphabetized bins. Customers may either drop off their prescription, shop, and pick it up before they exit or call ahead if it is a refill. Hours of operation at the Pathmark Pharmacy are Monday to Saturday from 9:00 a.m. to 9:00 p.m. and Sunday from 10:00 a.m. to 6:00 p.m. The pharmacy may be reached at 242-2838.

A GOOD DOCTOR KNOWS HOW TO LISTEN



Your child's health is important to us. So is what he or she has to say

Encouraging your child to speak with his/her doctor can help overcome fears and promote healthy habits that last a lifetime.



Pathmark pharmacist, Floyd Slayten, cautions one of his customers, Juanita Burnett, about the possible side effects of her medication.

Extended Care Implements Patient Self-Determination Act

The new Patient Self Determination Act became a federal law on December 1, 1991 and a state law on January 7, 1992. This legislation, known as the PSDA, is sometimes referred to as the living will or durable power of attorney. It is concerned with the type and methods of treatment that patients want to receive when they may no longer be able to make their own wishes known to their families or medical personnel.

The object of this law is to make it mandatory upon health care professionals to acknowledge that power over the care of the individual rests first with the patient, and then with the family. After the wishes of the patient are made known to them, they are legally bound to honor them.

For the average person this means answering two basic questions: 1. What type of care do you want to receive? 2. If you are no longer able to make this decision or make your wishes known, who will do the deciding for you? (Some examples of decisions are choosing whether to be tube-fed or not, or receiving assistance in breathing with the use of a respirator).

New Community Extended Care Facility nursing staff and social workers traveled to Hoffman-La Roche in Nutley, N.J. recently to attend an in-service workshop on the PSDA. The health professionals

thoroughly appreciated the presentation, which was made by Patrice Murphy, R.N. of Columbus Hospital in Newark.

The staff then were able to carry their knowledge back to the Extended Care and explain to the residents and staff how the provisions of the enactment would affect them. Mary Devlin, L.N.H.A., the Director of the facility, held a session for the patients' families and also invited residents of NCC's senior buildings to attend, which several did. She stressed two points: 1. Persons who are able to give advance directives about their own care should do so. 2. Persons who are not able to make these decisions should name the person that they want to decide for them. These documents are then kept on file so that medical personnel may consult them if they are needed.

Patients at the Extended Care Facility can receive help in formulating their individual Durable Power of Attorney from either the social workers, Penny Mateen or Rasheeda Hamid. They will be happy to work with residents by explaining the procedures, recording their personal wishes regarding their future care, and seeing that the document is witnessed legally. Completed documents will then be kept on file at the Extended Care Facility.



Seniors at Douglas Homes are no slouches when it comes to fitness and exercise, as these two enthusiastic ladies following the directions of Bentley, the instructor from Essex County College, prove.

February Is Prevention Month!



A patient's slowing steps are measured by those of his care giver, and her gentle support provides him with the confidence to continue making progress.



Adult Medical Day Care, located at the Extended Care Facility, offers companionship and mental stimulation during a serious game of dominoes.

New Beginnings Spa Promotes Wellness Concept



New Beginnings Spa offers not only a test of strength, but a challenge to every muscle in the body when exercisers work out on the state of the art equipment.

An important aspect of health care that New Community provides is wellness. This concept, while not new, is receiving a great deal of attention in these health and fitness conscious times. The NCC New Beginnings Spa and Wellness Center, located in St. Joseph Plaza, offers an opportunity for individuals to enter programs designed to challenge them physically, while improving cardiovascular fitness, muscle tone, stamina, and strength.

The spa is a comprehensive facility equipped with state of the art exercise equipment, whirlpool, and sauna. Aerobic and calisthenic exercise classes are taught by a competent and qualified staff. Individuals receive a complete step by step program, designed to help them reach whatever physical goals they and their ex-

perienced fitness consultant may decide on. An initial detailed fitness evaluation is done, including blood pressure reading, cardiovascular analysis, and body fat percentage evaluation. Senior citizens must have a doctor's approval before beginning a program.

Personally tailored programs include: cardiovascular fitness, aerobic classes, circuit weight training instruction and manipulative risk factor reduction, which includes nutrition, stress management, and weight control. A step-by-step monitoring system ensures the safety of the program.

Under the capable management of Madge Wilson, the spa may be reached for information at 624-7373. It is open six days a week, and has evening hours as well.

Prevention Beats Cure By A Mile!

CONTRIBUTORS

Sister Barbara Boyle, SSJ

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June Rodriguez, MSW

Sister Anastasia, SSJ

Sister Anne Tumulty, R.N./OP

Mary Devlin, R.N.

Madge Wilson

Laura Comppen: Photography

FOOT FACTS:

Types Of Arthritis

Office Hours at St. Joseph's Plaza
9-12 Mon.
9-12 every 2nd & 4th Sat.

Dr. Kenneth Frank
Podiatrist



The word arthritis means inflammation of a joint. Arthritis is not a single disease but approximately 100 conditions that can cause aches and pains around joints and connective tissues. These diseases have varying symptoms and treatments. A specific medical diagnosis is essential to determine the proper treatment.

The broad, major categories of arthritis include:

- Rheumatoid Arthritis...covering the inflammatory diseases that commonly affect joints in the hands and feet, particularly in women. Systemic in nature, rheumatoid arthritis can affect the entire body. In its most serious form, it causes painful joint damage.

- Osteoarthritis...the "wear and tear" category of arthritis diseases in-

Have You Heard The Word?

The New Beginning Spa's expanded Aerobic Schedule is ready and waiting for you. We now have exciting classes to stimulate the physical soul. Whether you are a rich, handsome, well built man like NCC's Larry Goldston, or the cover girl model type like our receptionist Frances Lavalle, we have an aerobic program for you.

We start our New Beginnings Day with the A.M. stretch. Even though the class is designed for seniors, the most advanced people can use the class as a warm-up. The class consists of a 5 to 10 minute warm up to stretch and warm the major muscle groups. The class follows into a low impact aerobic section that is sure to rejuvenate the soul. Your stomach or abdominal wall would be next, to help strengthen and reduce that area. Hip Hop Hoopla! I don't think so. The leg work will burn those hips away. What a wake up call!

The new additions to our popular aerobic pace are the "Absolutely Abdominal" class and our self defense classes. "Absolutely Abdominal" is a 30 minute session dedicated to the waist and stomach region. (This is how the waist is won!) Our self defense class is conducted by Martial Master, Pako Kahn. What better way to work out than to exercise, clear the mind and last, but not least, learn to defend yourself. The basics are taught to the novice, and the higher level to the more experienced students.

Remember, our classes have expanded, but if your waist line has also, we have the best in aerobic workouts for you. Join the others who have found out why we are Newark's best and most convenient workout.

Ed Scott

Audrey Malone, D.M.D.

Dentistry for Adults and Children
at
New Community
Extended Care Facility
266 So. Orange Avenue
Newark, N.J.

Office hours by appointment Monday through Saturday, with evening hours available.

Call 242-5737

volving the breakdown of tissues that allow joints to move smoothly, commonly affecting weight bearing joints. It affects almost every person over age 60 to some degree. However, some people may not even notice it.

Among the other categories of arthritis diseases are gout, scleroderma, sarcoidosis, Reiter's Syndrome, bacterial and juvenile arthritis.

For more information and literature about arthritis, contact the Arthritis Foundation, 1314 Spring Street, N.W., Atlanta, GA 30309...or your local chapter.

The Cry Of A Black Woman

By Annisa Hayes
Resident of Harmony House
I want to be a hero;
I want to make right
All the wrongs that society
Has done to my beautiful black people.

I want to be a mother
To all of my drug-addicted
AIDS infected
Abandoned babies
Who know only
The warmth of an incubator
And the touch of a heart monitor.
Yet we ask why are we dying?
I want to be a nurturer

To all of my helpless
Love-starved

Attention-seeking children
Whose demands for an occasional
Hug or kiss appears
To exceed our black mothers' supply.
And yet we wonder why our youths
Idolize fast money and fast cars.

I want to be a woman
To all of my misguided
Misunderstood
Confused black men
Who dwell in institutions
Or rot to death

In front of my very eyes.
They fail continuously to see
Their black strength
And cannot appreciate their role
In completing my black family.
Because they are incarcerated by their
own minds...

I want to change the world
But this time I must 'settle'
While my brothers and sisters
Are held hostage in the prisons of
'ignorance and shame.'

I must settle for working on 'me'
And being the best I can be
So that I may be a role model
For my black children.

And an example
To my black men
And so that I may be
An inspiration to you,
My successor,
To keep the torch burning
To keep the art of love
And the love of blackness alive.

NEW COMMUNITY HEALTH CENTER

233 W. Market St., Newark, N.J.

Weekly Diabetic Clinic

Thursdays 1-3 p.m.

*Attention To Treatment,
Education, Complications, Etc.*

Call 623-2480
For Appointment

Notes From Babyland: Read The Labels



Dr. Paul
Kearney

You know we doctors with all of our training often get the feeling of infallibility. I recall a case of a five year old whom I admitted to the hospital with pallor, fever, hair falling out, bleeding from the gums, severe chest pain. In trying to diagnose the problem, I wondered about several diseases such as leukemia, cancer, etc. I asked 17 of my fellow pediatricians to look at him. It is remarkable that *all* of us could not come up with a diagnosis.

The interesting part is that slowly he improved, so that at the end of three weeks, I sent him home recovered. It was not until his sister came down with severe leg pain and was seen by an orthopedist, who found (on X-Ray) bone deposits (calcium) in the muscles, that we knew the diagnosis. It was HyperVitaminosis A which produced all these signs and symptoms.

When one doctor asked the mother, she stated that she had given the children super vitamins A and D three

times a day and an extra one when the children came down with a cold. All because they were getting too many colds, she did not know that A and D were fat soluble vitamins which are stored in the liver and in excess amounts will produce bizarre findings.

That is the only case I ever encountered but the caution is evident: too much of a good thing can be harmful. Read all labels carefully; the LABELS stress the dangers of overdose.

Paul Kearney, M.D. F.A.A.C.P.
Medical Director
Babyland Nursery

A Community Forum For Your Health

There will be a community forum planned at two New Community senior sites to help people become more informed about their medical care choices.

The forums are being presented by Ms. Nadine Owens Brown, Senior Services Coordinator at East Orange General Hospital.

Mrs. Owens Brown will address the issues of ADVANCE DIRECTIVES/LIVING WILLS. Her talk will be presented in an informative manner that will reflect the purpose of ADVANCE DIRECTIVES, which is to convey an individual's wishes concerning medical care. This is

something everyone should be aware of, because each individual admitted to healthcare facilities throughout the state will be asked if they have an ADVANCE DIRECTIVE.

You are invited to come to one of the sites listed and learn more about "Building a Healthier Community."

LOCATIONS AND DATES

Wednesday, February 12, 1992, 11:00 a.m., 545 Orange St., NC Manor.

Tuesday, February 11, 1992, 11:00 a.m., 1 Roseville Ave., NC Roseville.

For more information please call Ms. Joyce Cook, 623-6114. Plan to attend yourself or your senior group may want to come and gather information.



CAN 2 PEOPLE
GET 1 YEAR OF
HEALTH, FITNESS OF
WEIGHT LOSS FOR AN
AVERAGE OF '25 - MONTHLY

Now You Know!!!

BEST OF AEROBICS



PURE
RELAXATION

2 FOR 1 SALE

CALL TODAY

624 - 7373

233 WEST MARKET ST., NEWARK

An Evening Of Swing Era Music February 11th At The Priory

A trio of veteran Newark entertainers, whose careers are detailed in the new book, "Swing City: Newark Nightlife, 1925-50," will present an evening of Swing Era music from 7 p.m. to 9 p.m., Feb. 11 (Tuesday), at the Priory Restaurant in St. Joseph Plaza.

The program is a Black History Month tribute to Newark entertainers who made Newark a cradle of jazz during the late 1930s and 1940s. Barbara J. Kukla, the book's author, will be on hand for a book signing.

The leader of the trio, Duke Anderson, is well-known to Newark nightlifers. Anderson, who got his start in music playing at house rent parties in Newark and the Oranges, was the pianist with Dizzy Gillespie's



Photo courtesy Barbara J. Kukla

Duke Anderson

first orchestra in 1943. Anderson, also a talented arranger and music teacher, co-led a band with his brother, Billy, in the Newark area during the 1950s and 60s.

Danny Gibson, the drummer, began studying music as a teenager, encouraged by his father Alfred C. (Pop) Gibson, who owned one of Newark's earliest nightclubs, the Radio Inn, on Halsey Street. Gibson went on to play and record with the Savoy Dictators, one of Newark's most popular bands.

Connie Lester, the saxophonist, will

be remembered as one of the stalwarts at Lloyd's Manor on Beacon Street in the late 1940s, when many of the musicians heard there, including James Moody and Danford (Larue) Jordan, were on the cutting edge of a new form of music called bebop. "A lot of my phrasing," Lester said, "comes from Larue."

Kukla, who edits the "Newark This Week" edition of The Star-Ledger, dedicated her book to her friend, the singer, Viola Wells (Miss Rhapsody).



Wells, who recorded on the Newark-based Savoy label in the mid-1940s, was born in Newark in 1902.

In the 1930s, Wells spent 18 months singing at the Sunset Crystal Palace in Kansas City. In the 1940s, she performed regularly at Kelly's Stables on New York's famous 52nd Street, the Jazz mecca of its day. In the 1970s, she sang and toured Europe each year with the Harlem Blues and Jazz Band, a contingent of jazz greats from the Basie, Ellington and Armstrong bands. She died in 1984 at age 82.

Continuing Ed For Leaders

Plans are in the works for a mini-series of timely and enriching programs for Leadership Development Institute Graduates. Mark your calendars now!

February 10 - James DuBois, Director of NC Security - Black History.

March 9 - Ray Cody, Director of NC Development - Why Political Involvement?

April 13 - Georgia Ransome - Getting and Using Power.

All programs will be held on Monday evenings at 7:00 p.m. in the Babyland III Conference Room. Child care and transportation can be arranged. We hope you can be there.

Volunteers Of Douglass-Harrison

Wise and mature, young with high energy. These words describe our volunteers at Douglass-Harrison. But whatever age they are, each one is ready and willing to respond to our varied requests. We recently honored Alberta Yarbrough and Dorothy Dawson for their dedication and generosity as volunteers.

Alberta Yarbrough was one of our first volunteers a year-and-a-half ago. There is nothing that she doesn't help us with? She's here for Brown Bag Program, DH News Highlights, building captain, and anything else that comes up. Alberta is also a member of the

every tenant in the complex, there were times when we said, "What need are volunteers with high energy and enthusiasm, particularly ones with young legs who can run up and down the stairs to deliver the newsletter for us?" So we invited some of our young tenants to become volunteers. What a joy (and a relief) to watch those young, energetic legs going up and down the stairs! For us, it's the next best thing to being young again! We think they are trying to set a record on how fast they can deliver to every apartment in the entire complex.

Our young volunteer group is grow-



Douglass-Harrison volunteers discuss ideas at a recent meeting.

NCC Senior Advisory Board. Many comings and goings have been seen by her over the past 49 years as a tenant. She has been named by us "good, ol' faithful Bert!"

Dorothy Dawson, a long-time resident of Douglass-Harrison, can also be counted on to help out. Just give her a call and she's ready to respond. She's dependable and quite an organizer, too. This was particularly evident when we had our Thanksgiving dinner for DH residents. Her varied skills were displayed in the kitchen, assisting Sr. Ellie, and in setting up the dining room. It was then we found out she had years of experience in working in a school cafeteria.

Young Help Too

Over the past months as we delivered the Douglass-Harrison News Highlights (monthly newsletter)

ing each month. They, themselves invite their friends to come and help the Sisters in the Social Service Office. We think they can teach us a few things too. For example, we want to know how they convinced the children from the surrounding neighborhood to also come and help us out?! We overheard them discussing, at what seemed to be an organizational meeting for the next issue of the newsletter, who was responsible to deliver to the various buildings! They also want to appear professional and have asked for badges to wear identifying them as volunteers from the Douglass-Harrison Office. Present at a recent gathering were Carmen Massey, Shakirah and Davon Easterling, Omar Strange, Shanice Wise, and Khadijah Fair.

Our volunteers have proven that each person has something to give to others. So, become a volunteer — do it for yourself and do it for others.

Sr. Yvette Arnold

24 Hour Help For Women

The Essex County Family Violence Program (ECFVP) provides a 24 hour hotline and the only shelter for battered women and their children in Essex County. The program was established and is sponsored by Babyland Nursery, Inc., in response to an urgent need for a safe and secure shelter for battered families.

Since its inception in 1979, the ECFVP has serviced the community with a 24 hour hotline, legal advocacy services, individual and group counseling, and many other services.

Keeping with a rich tradition of community based services, Babyland Nursery, Inc. has established additions to the ECFVP with a suburban office which offers non-residential services to Suburban Essex. The family of the ECFVP wishes to extend a welcome to all who need help in our community.

For information regarding services, please feel free to call the hotline, (201) 484-4446.

At NCC We Believe In Safety Awareness

Buckle Up!

Questions and Answers About Seat Belts

Q. Do you wear your seat belt every time you enter a car?

A. You should! Wearing a seat belt can mean the difference between life and death if you are involved in an accident.

Q. Aren't seat belts uncomfortable?

A. Seat belts are now designed to permit plenty of freedom of movement. Regular seat belt users report that they are hardly aware of the belts being around them.

Q. Why should I wear a seat belt?

A. Belts prevent the wearer from being thrown from the car. Accident statistics show that victims who are thrown are FIVE times more likely to be killed than if they had been securely in their seats. Belts also help the wearer from being knocked unconscious, thus increasing the chances of escaping from the car.

Q. Do I need a seat belt if I'm just driving locally?

A. A common misconception is that accidents happen only at high speeds and far way from home. Most accidents occur at speeds less than 40 MPH and within 25 miles of the victim's home. Wear your seat belt every time you get into a car, not just on long trips. A police officer, asked about seat belts, stated, "I've never unbuckled a dead person."

NCC policy requires all drivers to wear seat belts.

CALL FOR HELP

Is your husband or boyfriend abusing you? You are not alone — it happens a lot. There's a number you can call 24 hours a day where people are available to help you explore your feelings and plans. All calls are kept confidential.

Don't let this situation continue. NO ONE DESERVES TO BE BEATEN!

Call Babyland's Essex County Family Violence Project at 484-4446. In the Caldwell area, call PEACE at 226-6166.

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Thru 2/29/92

**DUNKIN'
DONUTS®**
It's worth the trip.

Security Corner Officer Of The Month

Security Officer Eric White has been selected Officer of the Month for February, 1992. Officer White who started with the New Community Security Department in June, 1990, was selected because of his unselfish dedication to duty and his excellent attendance record. After graduation from Essex Catholic High School in East Orange, N.J., he attended Rider College in Lawrenceville, N.J., where he majored in finance for three years.



Sgt. Andrew Perry congratulates Security Officer Eric White on being named Officer of the Month for February.

In 1992 he transferred to Bloomfield College in Bloomfield, N.J., where he intends to complete his fourth year and receive his degree.

Officer White is presently assigned to the NCC Harmony House Security Staff, on the 4:00 p.m.-12:00 a.m. tour of duty.

Sergeant Andrew Perry said that Officer White is extremely dedicated and

is always on time. Sergeant Perry continued by saying that Officer White was very reliable and could be depended on to take charge in any situation, thereby, demonstrating good leadership ability.

Because of the experience and training he is receiving, Officer White stated that upon graduation, he intends to pursue a career in law enforcement.

Officer White joined the NCC



Security department on the advice of his brother, a former NCC Security Officer, who is now a New Jersey State Correction Officer at the Annandale Correctional Facility.

The Security Department congratulates Officer White on this achievement. Officer White received a plaque in recognition of his achievements.

NOBLE New Jersey Chapter Chooses Newark Meeting Place

The New Jersey Chapter, Region I of the National Organization of Black Law Enforcement Executives (NOBLE), now meets regularly at St. Joseph's Plaza, 233 West Market Street, Newark, New Jersey. Its first meeting was held on Saturday, October 19, 1991. In the future, the organization will meet there every third Saturday of each month.

It is fitting that NOBLE selected Newark as its meeting site because in the words of NOBLE's first president and co-founder, Hubert Williams, president of the National Police Foundation in Washington, D.C., and former Newark Police Director, "NOBLE had its genesis here." This refers to the fact that Edward Williams, Newark's first Black Deputy Chief, gave the or-

ganization its acronym. James DuBose, a former (now retired) Newark detective and NOBLE member, and now the Director of the New Community Corporation Security Department designed the organization's logo.

Charles Knox, public safety director of the New York/New Jersey Port Authority Police Department and former Newark Police Director is president of the Region I Chapter. He was recently re-elected to a second term for 1992.

NOBLE was formed in 1976 during a symposium co-sponsored by the National Police Foundation and the LEAA (Law Enforcement Assistant Association) to address crime in urban low-income areas. Since that time membership has grown from 60 to over 2,000 members, many of whom are Police Commissioners, Superintendents of Police, Chiefs of Police and Directors of Police throughout the country.

The primary purpose of NOBLE is to provide the officials with an opportunity to interact with each other and to exchange ideas and opinions about law enforcement issues and to discuss their individual roles in addressing these issues. NOBLE's national headquarters is located in Washington, D.C.

James E. DuBose

FUN AND LAUGHTER
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THE DEVILS
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THE ISLANDERS
February 28, 1992
7:00 P.M.

Witness a duel on the ice
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Tickets \$26.00

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FEBRUARY
IS
BLACK HISTORY MONTH

Black History Notes

Researched By James E. DuBose

Coastal Pilot - Robert Smalls

Because of the daring exploits of a black coastal pilot, Robert Smalls, Fort Sumter, South Carolina, site of the first shelling of the Civil War on April 12, 1861, is important to Black History. Robert Smalls, born a slave in Beaufort, South Carolina in 1839, received a limited education before moving to Charleston with the family of his owner.

At the outbreak of the Civil War, Smalls became a Confederate member of the crew of the Planter, a transport steamer.

On the morning of May 13, 1862, Smalls smuggled his wife and three children on board, assumed command of the vessel, and sailed into the hands of the Union squadron blocking Charleston Harbor. Single-handed, he was thus responsible for the freedom of his own family, and for that of the twelve black crewmen. Smalls sailed the ship past Confederate checkpoints, imitating the captain at each vital juncture, while he was being observed.

Mentor Honored By

Dr. King Commission

On November 18, 1991, the Newark City Council, through the efforts of Councilman George Branch, honored Jim DuBose for his outstanding performance while serving as a mentor in the Rev. Dr. Martin Luther King, Jr. male mentoring program for inner city youth.

The Executive Director, Pearl Beatty, stated that, "It is men like Jim DuBose who give up their precious time to assure that our youth of today will be better leaders for tomorrow."

The male mentoring program sponsored by the Commission, is proud to announce that this program is most successful under the guidance of the

ed from a distance. Once beyond the reach of Confederate shore batteries, Smalls hoisted the white flag of surrender, and delivered the ship into Union hands.

Because of his daring, President Lincoln promoted him to Captain in the Union Navy — the only black to hold such a rank during the Civil War. He was also awarded a large sum of money for his war booty.

After the war, Smalls was elected to the South Carolina State Senate, serving there from 1868 to 1870, and was elected several terms as a U.S. Congressman from South Carolina. As a Congressman, Smalls supported a variety of progressive legislation, including a bill to provide equal accommodations for blacks in interstate travel and an amendment designed to safeguard the rights of children born of interracial marriages. Smalls had an active interest in military affairs in the South Carolina Militia, where he rose to the rank of major general.

Commissioner Eugene Drayton

Commission's Program Development Specialist Geraldine Smith and Professor Clem Cottingham of Rutgers University. However they too state that if the program did not have the support and volunteer participation of people like Mr. DuBose, the program would not be so successful.

The Martin Luther King, Jr. Commission of the State of New Jersey, commends and salutes Mr. James DuBose for his devotion to the program; he is truly an asset.

Commissioner Eugene Drayton, of the Martin Luther King, Jr. Commission did the honors of presenting Mr. DuBose the plaque of appreciation.



Eugene Drayton (left) presents Security Director Jim DuBose with a plaque of appreciation for his mentoring efforts with inner city youths, as Pearl Beatty looks on.

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| GYNECOLOGY (Women) | OPHTHALMOLOGY (Eyes) | NUTRITION (Consultation) |

Transportation provided at minimal cost. Any Medical Insurance welcome. Please call for an appointment or information:

TELEPHONE: (201) 623-2480

At Your (Social) Service

by the Staff of NCC Social Services Department

New Jersey Housing Sponsors Billboard Contest

New Jersey Housing is sponsoring a Drug Education and Prevention Billboard Contest. The theme for which the billboard should be designed is "Choose not to lose; refuse drugs and booze." The contest is open to all elementary and secondary school students of New Community Housing Materials for the artwork submission will be provided by the NCC Management Office.

Awards will include honorable mention to each participant in the contest. The winning contestant will receive a \$500 savings bond that will be presented at New Jersey Housing's Management Conference in June 1992. The winner's artwork will be posted on a billboard in his/her community.

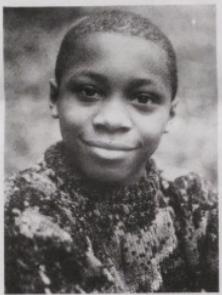
Each young, interested artist is asked to contact his or her site manager or social worker. Deadline for submission of artwork and application is March 1.

Student Of The Month

Anton Fitzpatrick is 10 years of age, he attends Camden Middle School. This is Anton's second year with the NCC after school program. Anton is very well mannered and he is also an honor roll student who loves to read.

Congratulations, Anton.

Mary Powell



Anton Fitzpatrick

Almost Spring Fever



Students enrolled in the after-school program take advantage of a recent warm day to check out a new book.

Clarion Workers On Job

Each month, six teen youth distribute news and information throughout New Community by folding and delivering the Clarion. The teens come out every month to give their time to NCC youth services; they tend to put a lot of energy into this task and enjoy doing their job. To make it a little easier folding, taping

and bagging, they listen to music or tell creative stories that make us all laugh.

I commend these teens for a tremendous task that is well done each month.

Thanks. You are the best.

Mary Powell



Mailing thousands of Clarions is no easy task, but our volunteer youths rise to the occasion.

Dr. King Honored By After School Program

In January the children of the after school program participated in many functional and learning events.

On January 10th, seven of our pre-teens took an active part at our 15 Hill St. Senior building (Douglas Homes) to honor Dr. Martin Luther King's Birthday, reading essays that they had prepared. We commend our children

for their wonderful effort and performance. Our younger children will perform songs and a mini skit in February in recognition of the Montgomery Alabama boycott that was started by Rosa Parks when she refused to sit in the back of the bus.

William Sirman
Director/Youth Services



New games such as air hockey and billiards sharpen the children's eye-hand coordination, as well as teach them about competition and good sportsmanship.

Basketball Is Back At NCC

The NCC basketball team is active once again this winter, under the coaching leadership of Jim Walters. The NCC team began their schedule Saturday, January 18th in Kearny, N.J. in the Quest basketball league.

They were very successful last year. Under the direction of Mr. Walters, they won trophies and certificates to merit a second place in the Quest League.

This year we're going all the way to the top; of course that means we are going to win the championship. We want to make NCC proud of their team.



James Walters

New Bus Driver

Anderson Jones is our new After-school driver. He is a resident of Newark who comes with great enthusiasm and enjoys working with the youth.

Mr. Jones makes sure our youth are picked up and dropped off to their



Anderson Jones
designated (places) activities and trips safe and sound.

We are happy to have you aboard.
Mary Powell
Education Coordinator

Pathmark/Nabisco Black History Contest

You can always count on Pathmark for extra savings and more. This month the more will be in the area of interest in Black History. In addition to the many healthy events which Pathmark will be sponsoring, there will be available every Tuesday from 1:00 p.m. to 5:00 p.m. educational booklets which illustrate the lives of various great Black inventors, leaders, educators, etc. The booklets will be provided by the Nabisco company and are limited in number, but are packed full of historical information to be passed on to both young and old.

Nabisco will also be sponsoring a drawing which will be open to High School students in the area.

Each participant can enter one, or all of three categories: i.e., Black Art, Essay Writing, Writing a theme on Nutrition. There will be three winners in each category.

More information on the contest can be picked up at the courtesy desk at the Bergen Street Pathmark.

Gardens Seniors Remember

Keep the dream alive.....
Keep the dream alive.....

We remember as we light joyous torches of liberty. We praise God for sending us a man of peace who resisted tyranny, a man of non-violence who fought for liberty, a man of God who worked for people. We thank God for Martin Luther King, Jr., who inspired us with his dream, who walked into

our lives and our hearts with his marches for justice, who demanded freedom with great courage in the face of grave danger, and who has now passed on into the Promised Land. Thank you for his noble legacy to continue the journey to that land here on Earth, in services for all people.

Help us to remember, help us to work together to keep his dream alive.

Sister Anastasia



A beautiful candlelit ceremony commemorated the birthday of Dr. Martin Luther King, Jr. at NC Gardens Senior.

Special Mother's Day Cruise

Get your mother, grandmother, great grandmother, aunt or special friend and whisk them aboard the luxury cruise ship, the "Spirit of New Jersey."

We will set sail on Sunday, May 10, 1992, at approximately 6:30 p.m., for three luxurious hours of dining, dancing and good company.

This is a lovely way to say "I love you," to someone special. The Spirit of New Jersey always features fine cuisine served buffet style, courteous hosts and hostesses, and elegant atmosphere.

Make plans to join us; cost is \$40.00 per person. The fee includes: transportation, dinner, entertainment and a rose to all the ladies. (NOTE: Alcoholic beverages and tip are not included.)

This trip is wheelchair accessible. Ship sails RAIN OR SHINE!

For more information or to make your reservations, contact Joyce Cook, Program Coordinator, NCC Social Services, 220 Bruce Street (201) 623-6114. A NON REFUNDABLE DEPOSIT of \$15.00 is due by February 14th. On sweethearts day think of her with this extra special treat.

An Addition

In recognizing the generosity of groups from states both near and far this Christmas season, we neglected the fair state of Connecticut which also lays claim to magnanimous Christmas elves.

We thank one and all again for their caring generosity.

NEW COMMUNITY FEDERAL CREDIT UNION

OFFICE HOURS

Monday thru Friday 1 p.m. to 4 p.m.
Telephone (201) 621-1618

Call Anytime Between 9 a.m. and 5 p.m.

140 South Orange Avenue, Newark, New Jersey 07103

Stay On The Good Foot

Dr. John Milano and Dr. Vera Khrakovsky, a podiatry team, have been reaching out to New Community Seniors for about a year and a half. They generally come to us on a monthly basis.

These doctors have not only used their professional talents to help us "stay on the good foot," they also teach our seniors the importance of good foot care. They generously provide medical attention to each person no matter

what the condition or the cost. Their developing practice is relatively young in our area. We find them to be extremely knowledgeable and skillful.

We at NCC are most fortunate for the sacrifices and consideration bestowed upon us by such caring and faithful physicians.

Thank you both.

Social Services
Jean Curlin



Dr. John Milano examines the feet of NC Associates resident, Mrs. Celia Davis. Proper foot care is important to all age groups.

Senior Camp Tecumseh

Get an early start on senior summer camp. Start saving now! For the past several years many delighted campers have met at the Salvation Army Camp in Pittstown, New Jersey - "Camp Tecumseh." Here they spend seven healthy days and six peaceful nights away from the hassles of day to day living.

Camp Tecumseh offers something for everyone — group activities, swimming, fishing, hiking, theme parties, delicious healthy food and friendly hosts and hostesses. Bring your bicycle and go biking.

Such is a popular campsite that space fills up very fast, so act now and get your reservation in early!

The exact dates of the availability are not yet finalized but it will be a week in July and/or August (last year the response was so great, two different weeks were selected to accommodate all). Either month is sure to be a delight.

Accommodations are two persons per room. There is limited space for married couples. All rooms are located in the Alpine style, newly renovated Lodge.

Cost for this week of bliss is only \$140.00 — for three meals, snacks, transportation, arts and crafts, activities, and more.

A NON REFUNDABLE DEPOSIT OF \$25.00 is due by March 13th.

For information, contact Ms. Joyce Cook, NCC Social Services, (201) 623-6114.

Babyland Eye Exams

On November 6th and 7th, children and parents at Babyland II had eye examinations completed by the New Jersey Commission for the Blind and Visually Impaired. Dr. Yablonski and Ms. Bennett (R.N.) are always caring and demonstrate much patience with our people. They both speak to the parents regarding eye problems with young children.

Children were tested for: amblyopia (dimness of vision without any apparent disease of the eye), usually the result of not using an eye (lazy eye); myopia (nearsightedness); eye pressure; astigmatism and hyperopia (farsightedness — things close are blurry).

In young children 5 muscles are developing, so being aware of possible eye trouble may save a child's vision. Yearly eye examination is recommended for young children.

The Commission for the Blind would be most happy to come to your site or center to give the examinations...

FREE!

Just contact Ms. Jacqueline Bennett, R.N., at (201) 648-2516.

Babyland Workshop On Conflict...

On Saturday, November 16, 1991, Babyland Nursery, Inc. held their first staff in-service training workshop for the 1991-1992 fiscal year.

The workshop on Conflict/Stress Management was a subject to which every employee from caregivers to custodians could relate.

The guest speaker, Therese Gray of Kean College, gave everyone the opportunity to suggest types of conflicts and stressful situations that might occur in a day care environment. This enabled the staff to find possible resolutions and use humor in some of the conflicts. Through individual and group observations and staff role-playing, the staff learned that the best way to avoid conflicts was through direct communication among co-workers, parents and more importantly, the children we care for.

Ms. Gray has a Bachelor's Degree in Early Childhood Education and a Master's in Counselor Education, certified in New Jersey.

Gayle Chaneyfield

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Saint Rose Of Lima Spring Festival Fund Raiser

As St. Rose of Lima school celebrates its 100th anniversary of serving families in the Newark area, the annual Spring Festival reflects the dedication and support of the people who have made that possible.

An event such as a Spring Festival and Auction consumes the time of a great number of people — people who have many demands on their time. Yet each year they are faithfully with us. Why?

Perhaps it is because many of them have recognized for themselves the advantages of a solid education provided by St. Rose of Lima School. Or some may have children whose futures depend on the quality of education provided by this alternative school in Newark. St. Rose of Lima School has been making a difference in people's lives since 1891. For the last eleven

years the school has been working to increase degrees in education. There is on-going staff development at the school and a commitment to excellence by dedicated teachers. A value centered education is offered.

Academics are of prime importance but the fact that we do better in our lives in society is also given attention. An outreach program into the community gives the older students an opportunity to work as volunteers at the New Community Extended Care Facility, to become Babyland helpers, Senior Citizen Aids, and Mission helpers.

Field trips which are purposeful, well coordinated, and enriching are highlights for the students.

In order to maintain tuition charges for the school at a reasonable level, events such as the Spring Festival and Auction are a must. St. Rose School



On January 24th, New Jersey Senator Bill Bradley paid a visit to St. Rose of Lima School. Among the topics discussed with the students were quality education, career goals and of course, his days with the N.Y. Knicks.

years the Spring Festival has been the main source of funding for the school.

St. Rose of Lima School is a parish school which creates an atmosphere in which Christianity is a way of life, and it encourages each child to develop his/her spiritual, intellectual, social, and physical potential. It is an atmosphere where mutual respect and a high regard for human rights prevail.

St. Rose is dedicated to fostering freedom and justice in its curriculum as well as its interpersonal dynamics, with attention given to the unique potential of the individual.

Degrees in Education

The faculty of St. Rose have ex-

ecuted 280 students. The per pupil cost for each child is \$1,900 for the academic year 1990-1992. Each child's tuition is \$990 for the first child, therefore the difference of \$900 must be made up through fundraising.

The night is a joyous event for the atmosphere is one of festivity and the auction part a simple choice of which of the \$20,000 in prizes you would like to use your tickets on.

We invite you all to join in the merriment for such a good cause.

It is Saturday, April 25th at Roselle Catholic High School. Donation is \$20. For tickets, call 482-0682. Bring your families. Reserve your tables.

FRIENDS OF ST. ROSE OF LIMA

\$20,000 in prizes

Present

Spring Festival '92 & Chinese Auction

SATURDAY EVENING, APRIL 25th

7 O'Clock to Midnight

ROSELLE CATHOLIC H.S. AUDITORIUM

Buffet Supper — Dancing

Proceeds benefit St. Rose of Lima School



A Special Day For Our Dedicated Sisters

Members of the religious community working in the New Community Network were treated by NCC to a "Treasure Tour" on Thursday, January 23rd, which included a guided tour of the Newark Museum followed by a bus tour of Newark City.

The tour of the Newark Museum included the newly renovated sections, which are the work of architect Michael Graves. Folk arts, rare oriental arts and the Tibetan display were some of the fine offerings viewed under the direction of the museum's ex-

cellent guides.

Mrs. Elizabeth Del Tufo, president of the Newark Landmark Society conducted the bus tour, celebrating Newark's industrial past and its current renaissance. Included was a personal tour of the magnificent Sacred Heart Cathedral, thought to be the finest example of French Gothic Architecture in the world.

The group finished their special day with dinner at the Priory Restaurant in St. Joseph Plaza.



A miniature replica of the Newark Museum and the architectural style behind it piques the interest of the group from New Community.

Go Forward

In an age of instant, people want their desires fulfilled quickly, and are unwilling to prepare, plan, and work hard over a period of time, as did their forebears. Some seek crime as a means of instant fulfillment, but the penal institutions and graveyards bear testimony to the futility of such.

Where people are jobless or underemployed, with little or no hope of ever attaining economic security, they sometimes lack interest in educational or cultural events. The uncertainty of contemporary living poses problems which at times gnaw at the very essence of other peripheral concerns, psychological and spiritual.

Times are hard for many of today's affection-starved youth, some of whom are emotionally-wounded casualties of social and economic forces, and becoming discouraged, make excuses, complain, and just stand still. Unmotivated to face their responsibilities, some disrupt school classes; drop out of school; disrespect elders and those in authority; engage in pre-marital sex; abuse illegal substances; and tend to blame others and circumstances for their personal behavior, but fail to, if ever, look inward to assess their role, attitudes and acknowledge that much of the fault lie with them. They simply stand still.

There is a story about a man who for thirty-eight years sat by the side of a pool waiting for somebody to come along who would get into the pool to be healed. One day Jesus came along, and said to the man, "Rise, take up your bed, and walk." go forward. Some youth are like that; they sit around waiting, fantasizing, with all the time that they needed was to get up and get going — go forward.

At the Red Sea, when the Israelites saw that the Egyptians were in pursuit of them, in great fright, they cried out, and complained to Moses, and Moses told them to fear not, see the victory the Lord will win for them today

— stand still. But God told Moses to tell the Israelites to "go forward." And when the Israelites went forward, God, through Moses, made a way through the Red Sea to safety for them.

When you come to the Red Sea in your life, where in spite of all you do there seems no way out, with Christ, "go forward." for "all things are possible through God." God can make a way through the Red Sea of your life if only you believe and "go forward."

Lewis Graves
Springfield Branch
Newark Public Library

The Priory Restaurant

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For Those
Unforgettable Occasions*

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